

Abstract

Title: Street workout as a sport for all

Objectives: The goal is to analyze street workout in terms of availability, adequacy and safety of training.

Methods: Searches relevant scientific literature, articles and documents on the Internet.

Results: The analysis carried out street workout based on a expert literature search and an article on the internet, it was found that street workout is becoming a more and more affordable way for people to actively spend their leisure time. I have also made a research of possible injuries related to working out and listed their adequate prevention. The safety of the constructions is ensured by the European standards, which have to be followed when constructing new playgrounds. Finally I verified the variability of basic bodyweight exercises, which were created in different difficulty options. Subsequently, three model training programs for individuals with different abilities were made. Using our own body as the only weight for exercise rather limits the choice of exercises. Moreover, working out using only our own weight does not enable us to regulate the lifted weight. However, it can be changed by selecting a different method of workout (for example changing the lever during exercise). This compensates adequately the lack of added weight.

Keywords: street workout, strength training, calisthenics, own weight, horizontal bar, outdoor gym, ghetto workout